



*San Bernardino County Sheriff's Department  
present*



# **Stress Management – Dispatcher Update~ 2006**

**May 10    November 14**

***TIME:*** 0800-1700 hrs

***CERTIFICATION:***

POST: 2330-29900-

SBVC: .50 unit

***TUITION:***

SBVC Fee: \$14.50

SBSD Fee: \$30.00

*(Agency Check or Money  
Orders only)*

*\*Dates, location and fees are subject to  
change without notice.*

## ***TOPICS INCLUDE:***

- ❖ Cumulative Stress
- ❖ Symptoms of Stress
- ❖ Types of Stress
- ❖ Effects of Stress on Personal Life
- ❖ Positive Coping Mechanisms
- ❖ Negative Coping Mechanisms
- ❖ Effects of Excessive Stress

Instructor:

**Marilyn Neudeck-  
Dicken, PhD**

*Board Certified Expert  
in Traumatic Stress.  
Diplomate, American  
Academy of Experts in  
Traumatic Stress.  
Certified Diplomate,  
American  
Psychotherapy Assoc.*

**REGISTRATION:    (909) 473-2695**

**San Bernardino County Sheriff's Regional Training Center  
Advanced Officer Training Facility**